

# WHICH MILK IS HEALTHIEST?

## ¿Qué leche es la más saludable?

	 <b>Milk, whole</b>	 <b>Milk, reduced fat 2%</b>	 <b>Milk, lowfat 1%</b>	 <b>Milk, nonfat / fat free</b>
<b>Fat</b> Grasa				
<b>Protein</b> Proteína				
<b>Calcium</b> Calcio				
<b>Vitamin D</b> Vitamina D				